

Whitworth University 4th Annual Speed Development Coaches Clinic

Clinic Date: Friday August 21, 2009

Clinic Time: 8:30 am – 2:00 pm

Location: Whitworth University – Spokane, WA (Weyerhaeuser Hall - Room 111)

Clock hours: Five (5) WIAA approved clock hours will be provided.

This clinic is designed to provide high school and middle school coaches of any sport, as well as physical education teachers, with increased knowledge in the areas of speed development AND conditioning for ALL SPORTS. Areas of emphasis will include, but not be limited to: low impact conditioning (warm-ups and cool-downs), core strength training, flexibility through dynamic and static stretching routines, strength training (both weight and non-weight routines), plyometrics (both upper and lower body), speed development drills, biomechanical principles of speed, periodization of speed, injury prevention, nutrition, and rest/recovery. Other areas will also be provided if time allows.

Information will be presented in lecture form, with additional information presented through demonstrations, handouts and learn-by-doing.

Each coach will be provided a packet of notes, including nearly **250 exercises, workouts and routines**.

Lunch will be provided (included in cost).

This is a great opportunity to add to your current knowledge base and help jump start your season.

Cost: \$75 (includes snacks, lunch, 5 clock hours, notes and registration fee)

Contact: Travis Howell, Assistant Track and Field/Cross Country Coach
Whitworth University
(509) 777- 3455
thowell@whitworth.edu

If you are at all interested, please call or email.

Please pass on this info to any coach or physical education teacher, at any age level, that you feel may be interested.